

How to Find Your Support Squad

We all need a team to help us roll through life's challenges. But when you're going through it, it's easy to feel like there's no one in your corner—even if your bench is actually stacked with people who would be there for you.

That's why it's a good idea to assemble your emergency contact list before you're actually in a crisis. Think of it like stacking away all those takeout menus so that the next time you're starving you don't have to put a lot of thought into who to call.



So, how do you find your support squad?

Think of who you turn to when problems arise in the areas below. Or think about who might have some solid advice to help you deal with these struggles. They could be current connections or colleagues, past role models, someone you follow on social media, or even fictional or historical figures who inspire you.

For emotional issues:

For physical health concerns:

For career advice:

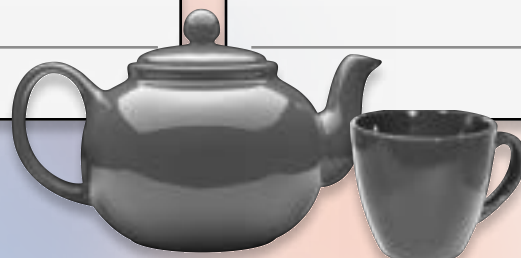
For relationship guidance:

For spirituality concerns:

For finance management:

For political and societal problems:

For pure fun and joy:



Now take a look at who is on your team.

Feel gratitude for each of those people and the role they play in your life (even if you've never actually met them). If any of those areas are a little thin, brainstorm some ways you can beef up that support network. How could you go about making new connections or finding helpful perspectives on that topic?

